

## **Roy Griak**

### Girls 5,000 meters

	Year	Time
1. Kelsi Kearney	2013	19:36
2. Sydney Lather	2018	19:48
3. Carlie Kray	2013	19:52
4. Ella Kolb	2018	20:16
5. Sami Smith	2008	20:22
5. Gabby Spain	2021	20:22
7. Coryn Johnson	2012	20:30
8. Katelyn Dickens	2012	20:36
9. Adaga Kashi	2018	20:43
10. Jenalee Larson	2014	20:49

### Boys 5,000 meters

1. Josh Heitkamp	2009	16:03
2. Chase Lather	2019	16:33
3. Alex Holm	2010	16:50
4. Cole Reilly	2023	17:00
5. Logan Swenson	2013	17:03
6. Yonas Sadi	2017	17:09
7. Shodo Mahamed	2017	17:10
8. Alex Waddell	2010	17:13
9. Alec Kray	2015	17:18
10. Bonheur Mvuyekure	2017	17:27